

Zia's Essential Connection

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Artificial Sweetener in NutraSweet™ Induces Cancer in Animal Study

"It has been demonstrated, for the first time, that aspartame causes a dose-related, statistically significant increase in lymphomas and leukaemias in females [rats] at dose levels very near those to which humans can be exposed. Moreover, it can hardly be overlooked that at the lowest exposure...there was a 62% increase in lymphomas and leukaemias."¹

This conclusion, from a research report on aspartame (the sweetener in **Equal™** and **NutraSweet**), by M. Soffritti and his team of researchers has been published in the European Journal of Oncology.

Dr. Soffritti's findings directly contradict the manufacturer's assertions that aspartame is safe for human consumption. It also challenges previous studies, which results are questioned due to conflict of interest issues and poor research design.

While the Soffritti study does not prove with certainty that aspartame is unsafe, it indicates that companies and consumers should avoid using it.^{1,2}

Aspartame's safety has been fiercely debated since its launch. Many believe the artificial sweetener was released without adequate, credible safety testing. Also driving the debate is a never-ending stream of complaints to the FDA which have kept the nerve endings of this discussion raw. Over 80% of the complaints received by the FDA are about aspartame.³



Jeanmarie Hepworth, Crown Diamond

This newsletter is being sent to select Young Living members within the Zia Essential Oils organization. As a member of your Young Living upline, I have produced this newsletter for purposes of education and not solicitation. Previous newsletters and other information is available on my website. If you would like a free information packet or I can be of service to you, please let me hear from you.

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Russell L. Blaylock, MD, neurosurgeon, nutrition expert and author of Excitotoxins: The Taste That Kills commented:

"The new study released in the European Journal of Oncology by Morando Soffritti and co-workers should terrify mothers and all those consuming aspartame-sweetened products."

Dr. Blaylock continued, "This was a carefully-done study which clearly demonstrated a statistically significant increase in several types of lymphomas and leukemias in rats. Both of these malignancies have increased significantly in this country since the widespread use of aspartame."

"This study confirmed the previous study by Dr. Trocho and co-workers, which also found the **formaldehyde** breakdown product of aspartame to be damaging to cellular DNA, and that this damage was **cumulative**. The type of damage was a duplicate of that associated with cancers. Along with this most recent study, this means that **drinking a single diet cola sweetened with aspartame every day could increase one's risk of developing lymphoma or leukemia.**"²



If aspartame is proven unsafe, the millions who have consumed the 6,000+ aspartame-sweetened products - including soft drinks, chewing gum, candy, yogurt, sugar-free cough drops and **children's vitamins** - have unknowingly taken significant health risks.^{1,4}

Young Living Offers Safe Children's Supplements



Safe supplements - KidScents have no artificial sweeteners or dyes.

Aspartame Sweetens Many Children's Supplements

It's true: Several top-selling children's chewable vitamins contain aspartame. Many also contain food dyes such as FD&C Blue #2 and FD&C Yellow #6. The toxic chemicals from which those ingredients are made don't belong in **any** food, much less a children's vitamin.

Widely-Used Food Dyes Color Children's Supplements

Following are brief research notes about two common food dyes found in children's supplements. The toxic chemicals from which these dyes are made don't belong in **any** food, much less a children's vitamin.

FD&C Blue #2 Aluminum Lake

The largest study suggested, but did not prove, that this dye caused brain tumors in male mice. The FDA concluded that there is "reasonable certainty of no harm."^{4,5}

FD&C Yellow #6 Aluminum Lake

Industry-sponsored animal tests indicated that this dye, **the third most widely used**, causes tumors of the adrenal glands and kidney. Yellow #6 may also cause occasional allergic reactions.^{4,5}

What this means to all of us is that we need to read labels when choosing supplements just like we do when choosing foods.

KidScents® Supplements Are Naturally Sweetened

If you'll read the labels on Young Living® KidScents® supplements, you'll find they're made with whole foods, naturally sweetened and free of dyes and synthetic nutrients.

MightyVites® is a special chewable multivitamin/mineral made with whole foods including nutrient-dense NingXia wolfberries, bee pollen, superfruits, plants and veggies. Sweetened with fructose, sorbitol and stevia, MightyVites won't boost blood sugar levels. Plus, they're enhanced with Young Living essential oils of citrus fruits.

MightyVites deliver the full-spectrum of vitamins, minerals, antioxidants and phytonutrients that children's growing bodies need. And they pass the taste test: Kids love the orange cream and mixed berry flavors!

MightyZyme® for Healthy Digestion

KidScents **MightyZyme** was formulated by Dr. D. Gary Young to support his own children's healthy digestion. Using nine different enzymes and several other nutrients, MightyZyme addresses the digestive needs of growing bodies and assists in the normal digestion of all foods.

Also for relief of occasional symptoms including fullness, pressure, bloating, gas, pain or minor cramping that may occur after meals. MightyZyme is an all-natural, vegetarian chewable tablet.

Resources

¹Soffritti, M. et al. Aspartame induces lymphomas and leukaemias in rats. *Eur J Oncol*. Vol. 10, No. 2. 2005.

²http://www.newmediaexplorer.org/sepp/2005/07/18/aspartame_scientific_studies_link_sweetener_to_cancers.htm

³<http://www.healthy.net/>

⁴Aspartame Information Center. Available on <http://www.aspartame.org>, 2004.

⁵<http://www.cspinet.org/reports/chemcuisine.htm>

A New, Low-Glycemic Answer to Artificial Sweeteners

Every parent who worries about their children's intake of aspartame and refined sugars will want to try Agave nectar. This delicious, organic sweetener from the blue agave cactus pours like honey, yet **has the lowest glycemic index of any sweetener on the market**. Delicious on cereal, toast, in tea. You can use it for cooking and baking, too!



Sweet and healthy

Now you know why you can trust Young Living to offer safe, healthy, natural supplements for you and your children.

KidScents™ Product Name	Code # Size	Prices Wholesale Pref Cust Customer
KidScents MightyVites multi-vitamin/mineral chewable	#3215 90 tabs	\$23.75 \$27.50 \$31.25
KidScents MightyZyme enzyme chewable supplement	#3283 90 tabs	\$39.75 \$46.03 \$52.30
Blue Agave Organic Sweetener	#3221 8 fl oz	\$12.00 \$13.89 \$15.79
	#3224 32 fl oz	\$34.75 \$40.24 \$45.72

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